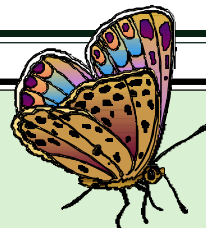


MEALS

ON

WHEELS

spring 2002



The MEAL TIMES

To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.



The 12th Annual Meals on Wheels Charity Golf Tournament

Shane Jensen, Chairman of the "We Give A Shot" Golf committee, hands Angela Spain, Supervisor for the Senior Nutrition Program at Central District Health Department, a check for \$6036.54, which are proceeds from the 12th Annual Meals on Wheels charity golf tournament held September 15, 2001 at Centennial golf course. The "We Give A Shot" non-profit organization is comprised of SCP Global Technologies employees and Meals on Wheels community board members who helped organize this years event.

BE A PART OF THE FUN

The 13th Annual "We Give A Shot" Meals on Wheels charity golf tournament will be held September 7th at Eagle Hills golf course. Please contact Pamela Thomson with Meals on Wheels at 327-7460 for more information.

Holiday Happenings

- May 12th - Mother's Day
- * May 27th - Memorial Day
- June 16th - Father's Day
- June 21st - Summer Begins
- * July 4th - Independence Day
- * No Meal Delivery



Chairman Shane Jensen presents Senior Nutrition Supervisor Angela Spain a check for \$6036.54

extra, extra, read all about it !!!

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The MEAL TIMES

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Angela Spain, Supervisor
Health Services for Seniors
Pamela Thomson, Newsletter Editor
Lance Corpus, Designer

Recipient Spotlight . . .

Nora Susie Grosso

Nora was born in 1900, in Austin, Texas and then her family moved to Tularosa, New Mexico. When Nora turned five in 1905, she along with her 5 brothers and sisters, left by train with their mother and father to travel across the United States before ending up in Nampa, Idaho. Nora says that was the longest train ride she can ever remember. She thought it would never end.



Nora attended Kenwood School in Nampa, Idaho and then continued on at Lone Tree School, where she graduated from the 8th grade.

Nora married Bernard Joseph Grosso on January 1918 and they spent most of their married life on a farm located on Black Cat Road until 1969. They then sold their farm and moved to the city of Meridian, where Nora still lives today.

Nora and her husband had 3 children, however, she lost her husband and 2 sons. She still has one loving daughter who lives in Boise, and has been blessed with 6 grandchildren, 11 great grandchildren and 16 great, great grandchildren.

Nora turned 102 years of age on February 10th and still continues to be an influence to her friends and family. Two years ago, Nora was invited to speak at a college class and to share her secrets on staying young. Nora managed to captivate her audience with her wit, knowledge, resilience, and ability to comprehend all aspects of questions that were presented to her. The class was in amazement of Nora being 100 years old, (at the time), still living on her own, balancing her own check book and being her own #1 boss.

Time does have a way of changing things and it has only been in the last few months that Nora has been receiving Meals on Wheels. Nora Grosso is truly a very special gift and so very thankful for the Meals on Wheels program and the volunteers who donate their time to deliver her meals and brighten her day.

From The Heart. . .

"Thank you for my good meals and I appreciate all you pleasant people." Joy and Blessings - R.G.

"I want to thank Meals on Wheels and whoever contributed to the two shopping bags full of all kinds of goodies. - H.G.

"Thank you for all you do to help people with the meals. I've cooked all my life, on a farm and for years in our restaurant. Now since a very bad accident, now in a walker and can't fix a good meal any more."

Respectfully, V.L.M.

GIFTS FOR THE HEART

*Have you been good to your heart? It works hard to keep you going.
Now it's time to return the favor.*

Maintain A Healthy Weight

- If you are overweight, losing and keeping off 10 pounds can lower blood pressure and cholesterol. It also improves blood sugar levels in people with diabetes.

Control Blood Pressure & Cholesterol Levels

- Understand when and how to take heart medications.
- Ask your doctor for a referral to a Registered Dietitian for a personalized eating plan.

Quit Smoking

- Smoking increases your risk of heart attack or stroke by 2-6 times more than that of non-smokers.
- The heart risk of ex-smokers is half that of smokers by 1 year, and is the same as non-smokers 5-15 years after quitting.
- Smoking increase heart rate, raises blood pressure, makes the blood less able to move oxygen around the body, and makes the blood more sticky.
- Smoking makes your body less able to use insulin.

Move More

- 30 minutes of daily exercise lowers cholesterol, triglycerides, blood sugar levels and blood pressure.
- Taking a 5-15 minute brisk walk, several times per day, has heart and health benefits.

Diabetes Management

- Heart disease is the main cause of death for people with diabetes.
- People with Impaired Glucose Tolerance (sometimes called pre-diabetes or borderline diabetes) are also at high risk for heart attack and stroke.
- Get screened for diabetes. About 6 million Americans have diabetes and don't know it.

5TH ANNUAL CULINARY WALK-ABOUT

The 5th Annual Culinary Walk-about fundraiser for Meals-on-Wheels was held on February 27. Approximately 275 people attended the all you can eat event at the Powerhouse Event Center. Along with the excellent food from area chefs was a live and silent auction. A special thank you to all CDHD employees who attended and helped to make this event a success.

We would also like to thank the following generous individuals & businesses for their support:

MS RENEE BERQUIST • MR MIKE FRITZ • MS JANICE FULKERSON • MS ANNELIESE OLSON • MR JOE PELLEGINI • MS CHRIS THOMAS • MS CINDY TRAIL • MS STEPHANIE TRAIL • MS DIANNA FRICKE-STALLSMITH • MR ALAN TURNER • CHEF DAVID KNICKERHM • CHEF GREG ANDERSON • CHEF RICHARD MOUNT • MR BRETT PALMATEER • CHEF RAY DI LULO • CHEF JASON MC LENNA • CHEF LISA VILLANO • CHEF JONATHAN MORTIMER • CHEF TOM HEINBUCH • CHEF BRIAN BOCKEN- STETTE • MR DAVID LEDGARD • MR DANNY SPANGLER • MS TERI TATE • MS ELIZABETH DUNCAN

ALBERTSON'S • IDAHO POWER • REGENCE BLUESHIELD • US BANK • CENTRAL DISTRICT HEALTH DEPT • IDAHO HUMANE SOCIETY • JR SIMPLOT CO • SYSCO FOOD SERVICES • ASIAGO'S RISTORANTE • MANHATTAN GRILL • MILFORD'S FISH HOUSE • GOODY'S • EMILIO'S RESTAURANT • SPURWING COUNTRY CLUB • VILLANO'S SPECIALTY MARKET • MORTIMER'S IDAHO CUISINE • POWERHOUSE EVENT CENTER • MY PERSONAL CHEF • DAWSON TAYLOR COFFEE ROASTERS • STATEHOUSE INN • IDAHO SPORTING GOODS • ICE IS NICE • JOURNAL BROADCAST GROUP • SPIRIT DISTRIBUTING • KIVI CHANNEL 6 • AIMONETTO AND SONS

over...

Donations of Items or Service - Culinary Walk-about

HEIDI EGERMAN • DR THEODORE & DR KRISTIN FRICKE • DIANNA FRICKE-STALLSMITH • GREG & KRISTEN KOENIG • DON KUNZ • SHERRYEE LEE • RENEE BERGQUIST • ROBIN FACE • CURT KNIPE • CHEF DAVID KNICKREHM • LA RAYE SCOTT • ANITA & SHAYLA • ATHLETIC TICKET OFFICE • KELLYEXLINE • JENNIFER CASEY • CINDY CRANE • CHEF RAY DI LULO • CAROL SKINNER • TOM PLATT • GINO VUOLO • BRETT PALMATEER • NICK HARRIGFELD • PAT NAGEL • MIKE YAE • JANNA O'SHEA • MIKE FRITZ • SHAWN PIERCE • GREG KOENIG • DR. COREY MATTHEWS • BRIAN BOCKENSTETTE • DAVID BERGH • TIM OLSON • TODD SAWYER • KRISTIN & CHRISTINE • CHEF JASON MC LENNA • FLORANCE PHARIS • ROUCHELLE ABRAHAMSON • STEVE TELFORD • MR & MRS LARRY LEASURE • LISA VILLANO • BETTY TAYLOR • SHANE JENSEN

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Thank You Very Much!

Monetary Donations

JOAN ALLEN • PEGGY & DAVID BENNETT • ANNA & RONNA BOND • BUILDING MATERIALS HOLDING CORP. • MARGARET BUNTING • COLE VALLEY CHRIS-

TIAN SCHOOL • TERESA DOLES • EVERGREEN SPRINKLER SUPPLY CO. • DEAN EYRES • GENERAL FIRE & SAFETY EQUIPMENT INC. • DANIEL & BARBARA GILBERT • ROBERT & POLLY GREMP • ANN HARDY • HUB CLOTHIERS • WILLIAM & CHRISTINE ILETT • SHIRLEY JACKSON • RIC & DENISE JACOB • KGEM/KJOT RADIO • CLAIRE E. LOWRIE • LARRY & CONNIE MATTHEWS • DON & VIRGINIA MOORE • DAN & MELINDA NELSON • TOM & MARY PAWEK • CHARLES & BARB SMITH • FLINDA TERTELING • REED & JANE WAGGONER, BRUCE & KATIE WILLIAMS

Thank you to Channel 6, Winco and 94.9 The River for arrangements and donations for our holiday gift bags.

A special thank you to:

The Meridian Girl Scout Troop 498 for all the lovely hand-made gifts they make for our homebound seniors. Our participants really enjoy your work.

Angela Spain attended the Idaho Community Foundation luncheon to accept a check for \$700 towards a freezer for the Meridian Senior Center.

Thank you to Idaho Power Co. for their donations of \$250.00. Thank you for your support.

Thank you to the United Water employees Charitable Contribution Committee for their contribution of \$1000.00

Thank you to the Edward Low Memorial Trust for their grant award of \$2000.00. This donation will help to replace our aging and badly needed kitchen equipment.

Thank you to the Larry Barns Foundation Inc. for their grant award of \$400.00 for the purchase of a new dishwasher to be installed at the Boise Senior Center kitchen. Our kitchen staff was joyous to learn the news.

Holiday Food Deliveries

The following people signed up to deliver holiday meals. These volunteers delivered over 100 meals on Easter and Christmas.

BECKY ANDERSON • JOE BERENTER • CINDY BISHOP • DEBORAH BLANTON • CELENA BROOK • JULIE BUSH • CHERISE CAMPBELL • MARY CAMPBELL • LESLIE CARPENTER • MICHELLE CARTER • GAIL CARRITHERS • HEATHER CARROLL • JERRY CARTER • MICHELLE CARTER • KRISTEN CHEYNEY • KRISTINA CLINE • AMALIA CINIGLIO • JIM DAVIS • MICHELLE FIKEL • MICHAEL FLAHERTY • MIKE FRITZ • DEBBIE GALLAGHER • DEBBIE GOURLEY • MICHAEL GROSZ • CHRIS HEAVIN • SUE HELIN • PAT HOFFMAN • WILLIE HOLLINGSWORTH • KELLY HURLEY • MIKE IWAKIRI • RENEE JENKINS • EVA KEAN • MOLLY KING • BUD & JEAN KLINE • CLEO KOESTER • ED KOSYDAR • SANDY KOWALLIS • KERRY KUHN • TAMMY LA BONNE • LISA LEFF • BILL MAHONEY • KAREN MARTZ • KORIN MC INTYRE • DIANE MCLAIN • MARIA MINICUCCI • WHITNEY MILLER • MIKE MIRAGLIA • SHIRLEY MOSS • JEFF NALL • JOANNE NEARMAN • HONRABLE GREG NELSON • JESSE NEWMAN • PATTY NICHOLS • BERNIE & LAURA NIELSEN • SARAH NOKLEBY • MICHAEL O'NEIL • GARY PAWLUKEWICH • PEGGY PETERSON • DAWN-FAYE PHEBUS • DOUGE & NANCY PIERCE • KATHY QUINLIN • GEORGINNA RAIMONDI • JILL RANDALL • LALANI RATNAYAKE • NALIN RATNAYAKE • RUWAN RATNAYAKE • URSULA REDEKE • ALLEN REICH • MARJORIE RICH • KRYSTAL ROWLAND • ALBERTA SANDOR • SARINYA SENGTHAP • LORI SIMPSEN • ALICE SIMPSON • CLINTON SMITH • ERIN SMITH & FAMILY • TRICIA STINGLEY • RENAE SULLIVAN • TERRI TATE • LISA TAYLOR • CINDY THOMPSON • TIM THUIS • CARLI WANTULOK • BLAKE WATSON • JUDY WHEELER • TAMI WHITE • PATTY WHITMIRE • MARILYN WILLIAMS • TESSA WINSOR • ARVELLA WITHERSPOON • HARLA WOOD • PATRICIA WOOD • COLLEEN ZAHN • JUDY MILLER

THANK YOU

VOLUNTEER SPOTLIGHT

Mark Boisselle

Mark Boisselle, age 48, saw an ad in the newspaper and began volunteering his time delivering Meals on Wheels July 1998. Mark lives in Kuna with his son, Marshall, age 17. He also has a daughter, Danielle, age 20. Mark is employed by the Idaho State Police as a budget analyst in Meridian, Idaho.



Mark moved to the Treasure Valley from Colfax, Washington in 1987 and has been enjoying our wonderful state ever since. His hobbies are hunting, fishing, backpacking, skiing, music (folk, pop, rock, blues) and reading. He volunteers one to two days a week and delivers meals on his own lunch hour. Mark believes the Meals on Wheels program gives people the opportunity to live independently even though they may not be mobile. Mark sees a real need for more volunteer drivers, due to our community growing and more recipients using this service. Mark really loves volunteering for the Meals on Wheels Program and claims it is his way of giving back to the community of Meridian.

Two years ago Mark introduced his mother, who lives in Virginia Beach, Virginia, to the Volunteer Meals on Wheels Program. She has been delivering meals in Virginia Beach ever since.

Mark is a great asset to the Meals on Wheels Program. We really appreciate your caring heart and dedication to those that need your help

Recipe For A Happy Day

1 cup of friendly words
Pinch of warm personality
2 heaping cups of understanding
4 tsp. of time and patience
Dash of humor



Blend together with empathy & thoughtfulness. Keep cool. This makes a heartfelt. Serve generously.

trim out and mail to: Meals On Wheels, 707 N. Armstrong Pl., Boise, ID 83704

Honorariums & Memorials

Honorariums and memorials are gifts made in honor of, or in memory of, a person in your life. A gift made in honor of a special person may be given on occasions such as birthdays, anniversaries, Mother's Day, Father's Day, Valentine's Day, graduation...

Memorials are made in memory of a deceased loved one. There is nothing more precious than the memory of a loved one, expressed in a tangible way, especially when the monetary gift provides life sustaining sustenance for someone in need. Each is gratefully acknowledged to the family. When making honorariums and memorials, please make sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

For your convenience, you can use the coupon at right. Your thoughtful gift not only helps Meals On Wheels, but it is also a wonderful way to honor and remember friends and relatives. If you would like further information please call Pamela Thomson at 327-7460.

Honor & Remember

The enclosed gift is

- ☐ In honor of:
☐ In memory of:



Please remit to:
Meals on Wheels
707 N. Armstrong Pl.
Boise, ID 83704
(208) 327-8505

☐ Mr. ☐ Mrs. ☐ Miss _____

Address _____

Please send acknowledgement letter to:

☐ Mr. ☐ Mrs. ☐ Miss _____

Address _____

This gift is made by:

☐ Mr. ☐ Mrs. ☐ Miss _____

Address _____

The MEAL TIMES



Meals on Wheels
707 N. Armstrong Pl.
Boise, ID 83704

Much More Than A Meal!